

2nd Grade Plan-Week # 10

“Sponge Activity” (as players arrive until 5 min. after start time)-1v1,2v2-Street Soccer

As the 1st Player arrives, get them playing 1 v 1 against the coach. Use cones for goals 10 yds. apart. Coach must hit a designated turned over cone, the player MUST **PASS** THROUGH either goal in either direction to score as many goals as possible. Players keep the ball after scoring, players join as they come, (1v1v1...), or 2v1 and the 1 can score on either goal but the 2 can only score on 1 goal, or play 2 v 1...3 v 4 with each team defending a goal OR let them create the rules!

BUT SCORING is still by **PASSING** THROUGH either direction.

1st activity- Paint the Field! - 10 minutes

Set up-

On your field, create an “End Zone” on each end (see Diagram-2nd activity). Use the portion of the field between the two end zones for this activity. Divide the players into two teams. Each team has a ball.

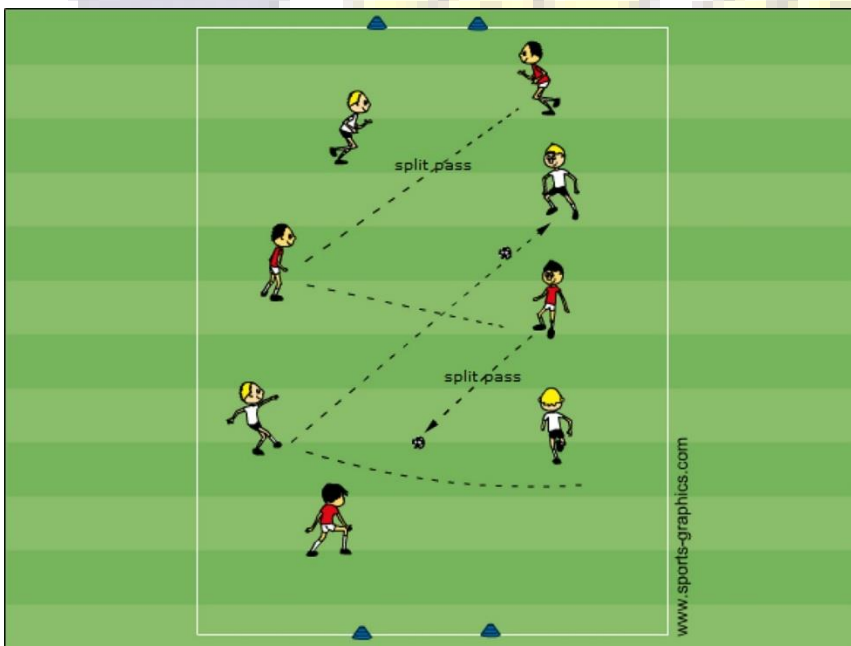
Play-

Each team begins by exchanging passes and moving all over the field, attempting to “paint the field” with their “paint ball”. Encourage them to visit all areas of the field. Teams may not interfere with each other (steal ball, etc.), but must intermingle and look for passing lanes. Teams should try to complete the following:

- Complete five passes in a row without a mistake.
- Complete five passes, two of them should be “splits” (threaded between 2 opponents).
- Get as many “split” passes as you can in two minutes. Make it a contest!

Coaching points-

Proper passing/receiving technique. Good first touch in the direction you want to play. Look for opportunities to split defenders (vision, communication). Look for good angles and distance of support (passing lanes).



2nd Activity -Countdown! -13 minutes

Set up-

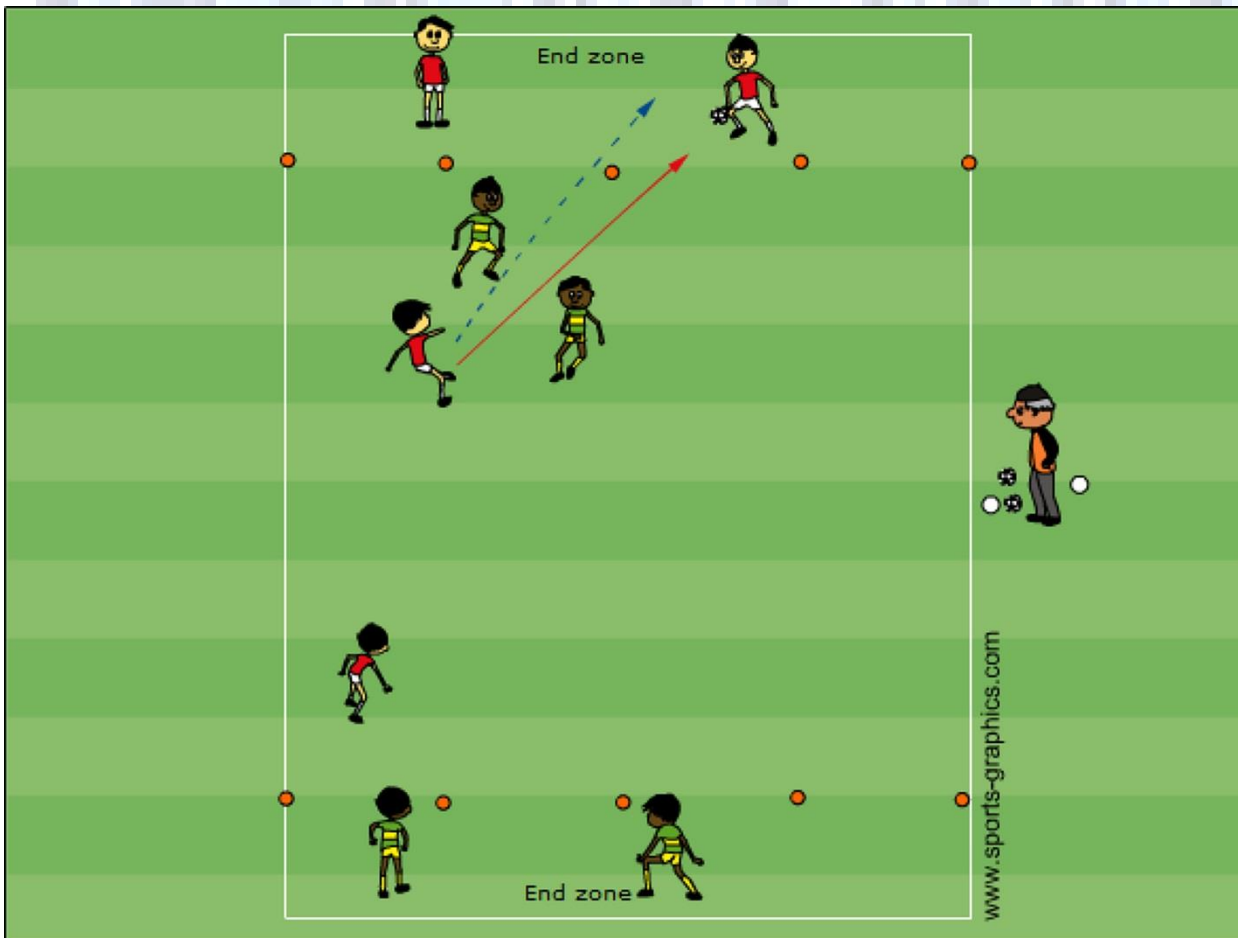
On your field, create an “End Zone” on each end (see Diagram). Use the entire field for this activity. Divide the players into two teams. Have each team assign a player as a “target Player” in the opposing end zone to start. Coach has a supply of balls at midfield.

Play-

Countdown’ is a very popular game with the players as it is fast paced and exciting. As the number of players on both teams start to dwindle, the importance of decision-making increases. The objective of the game is to be the first team to have all players in the opponent’s end zone. To achieve that goal, the players must combine passes with the target player. If the target player is able to control the ball and place their foot on top of the ball in the end zone, the player making the final pass joins the target player. If the ball leaves the area, the coach restarts and makes a pass to the opposing team. Continue the sequence until the last player on either team makes the final pass to a target player. Play again.

Coaching points-

All of the above. Can you find the “killer pass” and split the defense?! Note: For 2nd grade, playing 3v3 with two target players in each end to start will be less chaotic. If numbers are low, Coach can be a target player to start.



3rd Activity- Target Game-13 minutes

Set up-

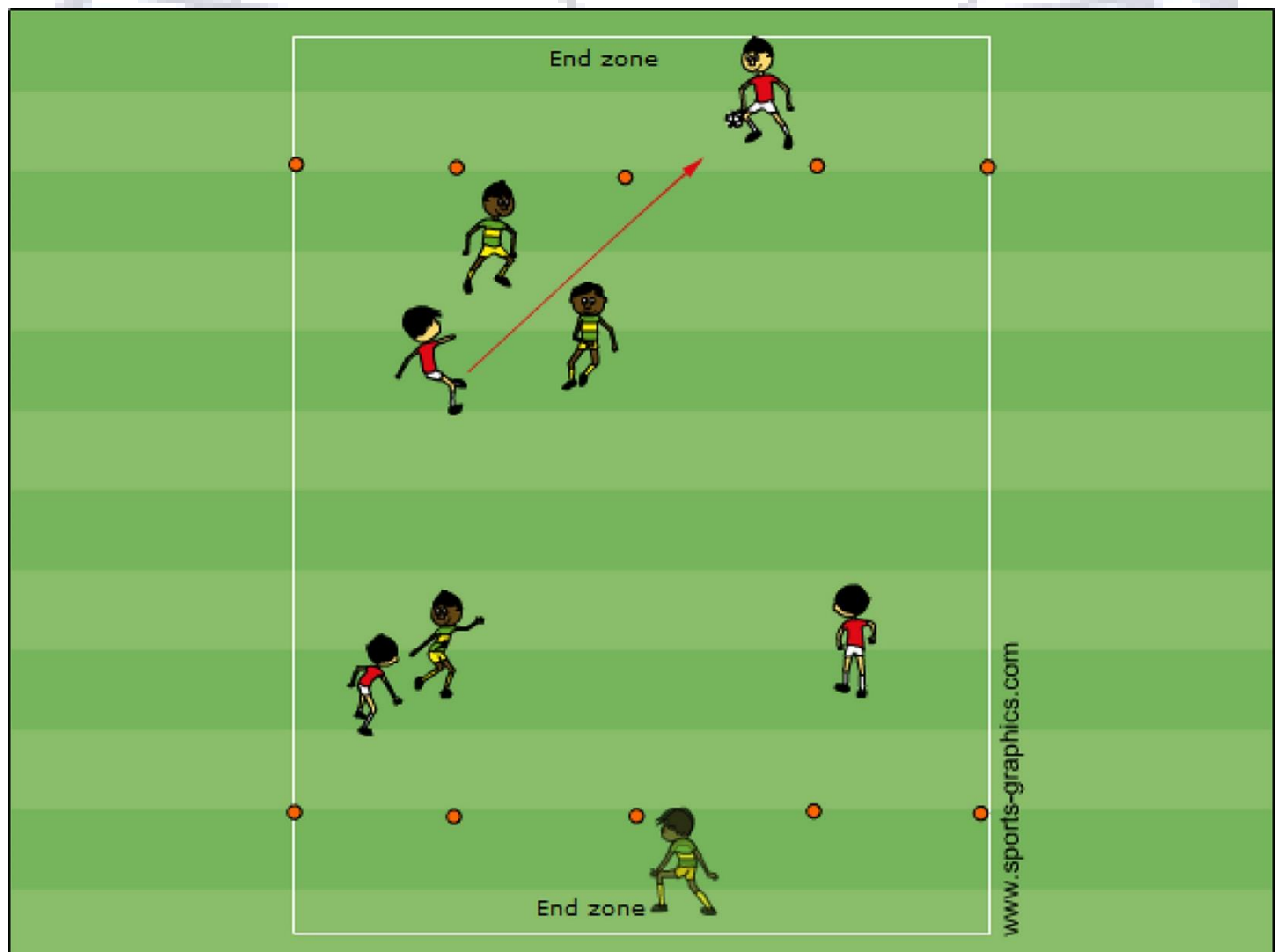
On your field, create an “End Zone” on each end (see Diagram). Use the entire field for this activity. Divide the players into two teams. Have each team assign a player as a “target Player” in the opposing end zone to start. Coach has a supply of balls at midfield.

Play-

Play a 3v3 or 4v4 soccer game where a team can score by making a pass to their “target player”. If they do score, the target player gives the ball to the other team who then attacks the other way trying to make a pass to their target player, etc. Keep score. Rotate target players every 2-3 minutes.

Coaching points-

All of the above. “Find the “killer pass” and split the defense!” “Can you use your dribbling and passing to keep possession until you can find the target?” Note: For 2nd grade, playing 3v3 with two target players in each end to start will be less chaotic. If numbers are low, Coach can be a target player to start.



Scrimmage 4v4-30 minutes

Considerations:

- Never play 5v5. If numbers are greater than 8 players, play 4v4 with substitutes. Consider playing 2 small games of 2v2,3v3 for a portion of the scrimmage time
- Introduce any “Academy Rules” from the 2nd Grade Rules Progression (weeks 3-10)

